



Optional sides and protein options not included

## Produce

- yellow onions (2)
- garlic bulb (1)
- Roma tomatoes (2)
- cabbage (1 head)
- lemons (3)

## Fresh Herbs *optional*

- parsley (1 bunch)

## Refrigerated

### Dairy

- Greek yogurt (5 oz cup)
- butter (1 lb - 4 sticks)
- eggs (up to dozen)
- milk (up to ½ gallon)

### Frozen

n/a

### Meat/Seafood

- ground beef (2 lbs)
- boneless skinless chicken breast (3 ¼ lbs)
- skinless salmon fillets (2 lbs)

## Pantry

- olive oil (1/2 cup)
- avocado oil (2 tbsp)
- long-grain white rice (1 lb)\*\*
- chicken broth (1 quart)\*
- vegetable broth (1 quart)
- crushed tomatoes (28 oz can)
- Worcestershire sauce (sm bottle)\*\*
- capers (sm jar)\*
- spicy mayo (sm jar)\*
- coconut milk (2 - 13 oz cans)
- chia seeds (sm bag)\*
- cocoa powder (8 oz container)\*
- maple syrup (sm bottle)\*\*
- granulated sugar (4 tbsp)\*\*
- powdered sugar (2 tbsp)\*\*
- all-purpose flour (2 ¼ cups)\*
- baking powder
- vanilla extract

## Bakery

- double-ply pita breads (4-6)

## Spices

- 7-Spice
- sumac
- cinnamon
- nutmeg
- paprika
- cumin
- garlic powder
- thyme
- ranch seasoning

### Ingredient notes

\* This ingredient can be used for many more recipes!

\*\* You may have this staple on hand